

Behavior Checklist Questions Submitted by University of Wisconsin

This document contains food behavior checklist questions submitted by the University of Wisconsin. Some background information on the questions is included.

Nutrition Practices Domain

The original 10 questions within the ERS system included only 3 questions designed to collect information on how clients have changed their nutrition practices. It was felt that a few more questions within this Domain would enable UW staff to better describe changes learners make in nutrition practices. The additional questions focus on specific behaviors. The focus on specific behaviors is consistent with the findings and recommendations of The Dietary Guidelines Alliance as described in "Reaching Consumers with Meaningful Health Messages-A Handbook for Nutrition and Food Communicators."

Nutrition Practices questions added:

- a. "How often do you eat low fat foods instead of high fat foods?"
An important emphasis in EFNEP is helping learners make better choices to lower fat intakes. This question attempts to measure the participant's practice of selecting lower fat food.
- b. "How often do you serve more than one kind of vegetable to your family each day?"
- c. "How often do you serve more than one kind of fruit to your family each day?"
These specific questions about fruits and vegetables will better assess behavior changes related to the goal of 5-A-Day.
- d. "How often do you add salt to your food?"
Decreasing the amount of salt added to food before eating is one of the specific behaviors that can help participants reach the Dietary Guideline of choosing a diet moderate in salt and sodium.

Food Safety Domain

The original 10 questions within the ERS system included only 2 questions within the food safety domain. More questions will enable UW staff to better describe changes learners make in food handling practices.

Food Safety questions added:

e. "How often do you wash in hot soapy water utensils and surfaces that have touched raw meat before using them again?"

f. "How often do you thaw frozen meat at room temperature?"

This question is very similar to an existing question. Pretesting in our state revealed that participants were confused by the more general question about thawing food at room temperature, but were able to answer the more specific question about thawing meat.

Food Resources Domain

The original 10 questions within the ERS system included 5 questions to assess behavior changes associated with food resource management. Only 1 of the questions attempted to measure food security of the family.

Food Resources questions added:

g. "How often do you make main dishes from scratch?"

This question looks at another of the specific recommended behaviors taught as a way to stretch food dollars.

h. "We sometimes eat the same thing for several days because we only have a few kinds of food and don't have money for more." (true or false)

i. "I sometimes can't afford to eat properly." (true or false)

j. "I sometimes can't afford to feed my child(ren) a balanced meal." (true or false)

k. "People in my family sometimes or often don't have enough to eat." (true or false)

Questions h, i, and j are based on validated questions from the Radimer/Cornell Hunger and Food Insecurity interview tool. (Olson et al., Family Economics and Nutrition Review, Vol. 10, no. 2, p. 2, 1997).

Question k is adapted from the question used to assess household food sufficiency as part of the Continuing Survey of Food Intake of Individuals, USDA (CSFII, 1989-91). A decrease in the number of "true" answers to these 4 questions would be interpreted as an improvement in the food security of the family.

Family Resource Management Domain

Six questions were added to assess the behaviors of the learner around management of family resources.

- l. "How often do you use a written spending plan or budget?"
- m. "How often do you keep track of some or all of your expenses?"
- n. "How often do you have bills that are overdue?"
- o. "How often do you set aside money for emergencies?"
- p. "How often do you set aside money for occasional bills?"
- q. "How often do you feel confident about managing your money to make healthy food available in your home?"

The six behaviors that are assessed by these questions are behaviors that are characteristic of families that are managing their resources effectively.

How questions correspond to Master Question Database

<u>Alphabet</u>	<u>Question Database</u>
A	WI102
B	WI104
C	WI105
D	WI106
E	016
F	WI108
G	WI103
H	WI109
I	WI110
J	WI111
K	WI112
L	WI096
M	WI097
N	WI098
O	WI099
P	WI100
Q	WI101